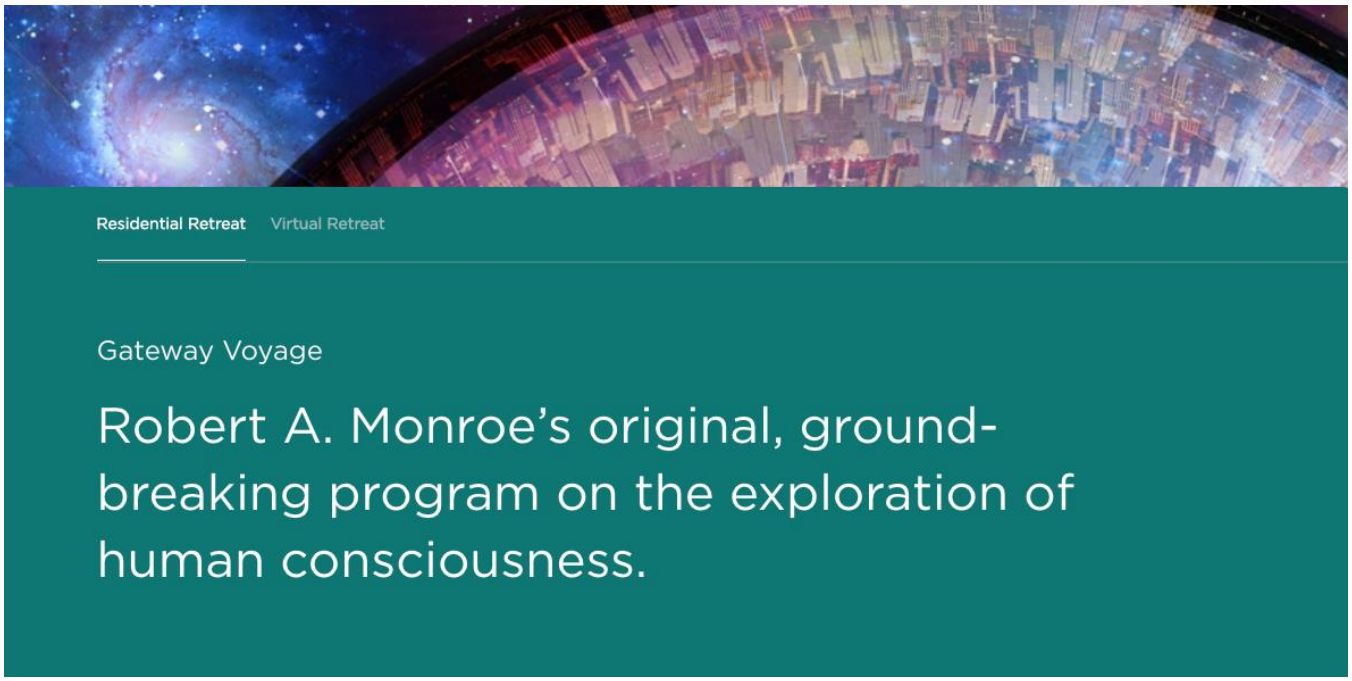
2023 Webpage Program Description



Residential Program
$2,295.00
5 Days + 6 Nights

Bob Monroe called Gateway "a voyage of self-discovery through the gateway of expanded awareness." It's the best way to begin your journey at the Monroe Institute—and is a prerequisite for many of our advanced consciousness training programs.

Learn to navigate the nonphysical realm. During this transformational online retreat, you'll gain the tools and techniques needed to navigate the nonphysical realm. You'll experience deep relaxation and find the guidance that leads to profound insight.

Shift your perspective on what's possible. With a more enlightened understanding of self and how you relate to others, you'll come to know your life's purpose. With that knowledge comes gratitude for all aspects of your life.

Tap into expanded states of awareness. Gateway accelerates your ability to go farther, deeper and faster into different dimensions of consciousness—thanks in part to our use of Monroe Audio Support technology.

Learn from direct experience. For more than 40 years, the Monroe Institute has introduced thousands of people like you to the life-changing benefits of the Gateway Voyage program. As the world leader in consciousness exploration, we believe that direct experience is the most powerful teacher. After completing Gateway, you'll be prepared to participate in most of our advanced level programs.

TRY MONROE'S AUDIO TECHNOLOGY

Grab your headphones, find a quiet place to relax and enjoy this free audio sample. Experience the deep relaxation and instantaneous expanded meditative state of Monroe's Sound Science technology.

MONROE SOUND SCIENCE SAMPLE

(Linked in the details section below.)

What You Get

In addition to the program materials and audio exercises, you will receive the following benefits.

Semi-Private Rooms Standard accommodations are double-occupancy rooms.	**Free Wi-Fi** Free Wi-Fi is available for guests	**Daily Meals** Our dining menu offers many healthy fresh options with a farm-to-table philosophy.
Shuttle Service Local area, shuttle transportation is included on the first and last days of each program.	**Swimming** During afternoon breaks, enjoy a dip in the swimming pool or lake (weather-permitting).	**Massage** Massages are available during weeklong retreats during afternoon breaks. (additional fee)